






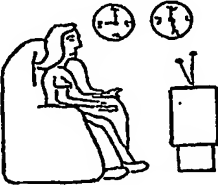



 <input type="checkbox"/> <p>eat salad at fast food restaurant</p>	 <input type="checkbox"/> <p>eat broccoli and fish for dinner</p>
 <input type="checkbox"/> <p>eat chips right before sleeping</p>	 <input type="checkbox"/> <p>eat 2 vegetables instead of rice</p>
 <input type="checkbox"/> <p>drink soda With sugar</p>	 <input type="checkbox"/> <p>pack a snack to eat while out</p>
 <input type="checkbox"/> <p>drink soda with artificial sweetener</p>	 <input type="checkbox"/> <input type="checkbox"/> <p>walk for 15 minutes</p>
 <input type="checkbox"/> <p>watch t.v. all day</p>	 <input type="checkbox"/> <input type="checkbox"/> <p>raining, sit for days</p>
 <input type="checkbox"/> <p>eat many fries</p>	 <input type="checkbox"/> <input type="checkbox"/> <p>skip walk for several days</p>

44

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Fig. 2

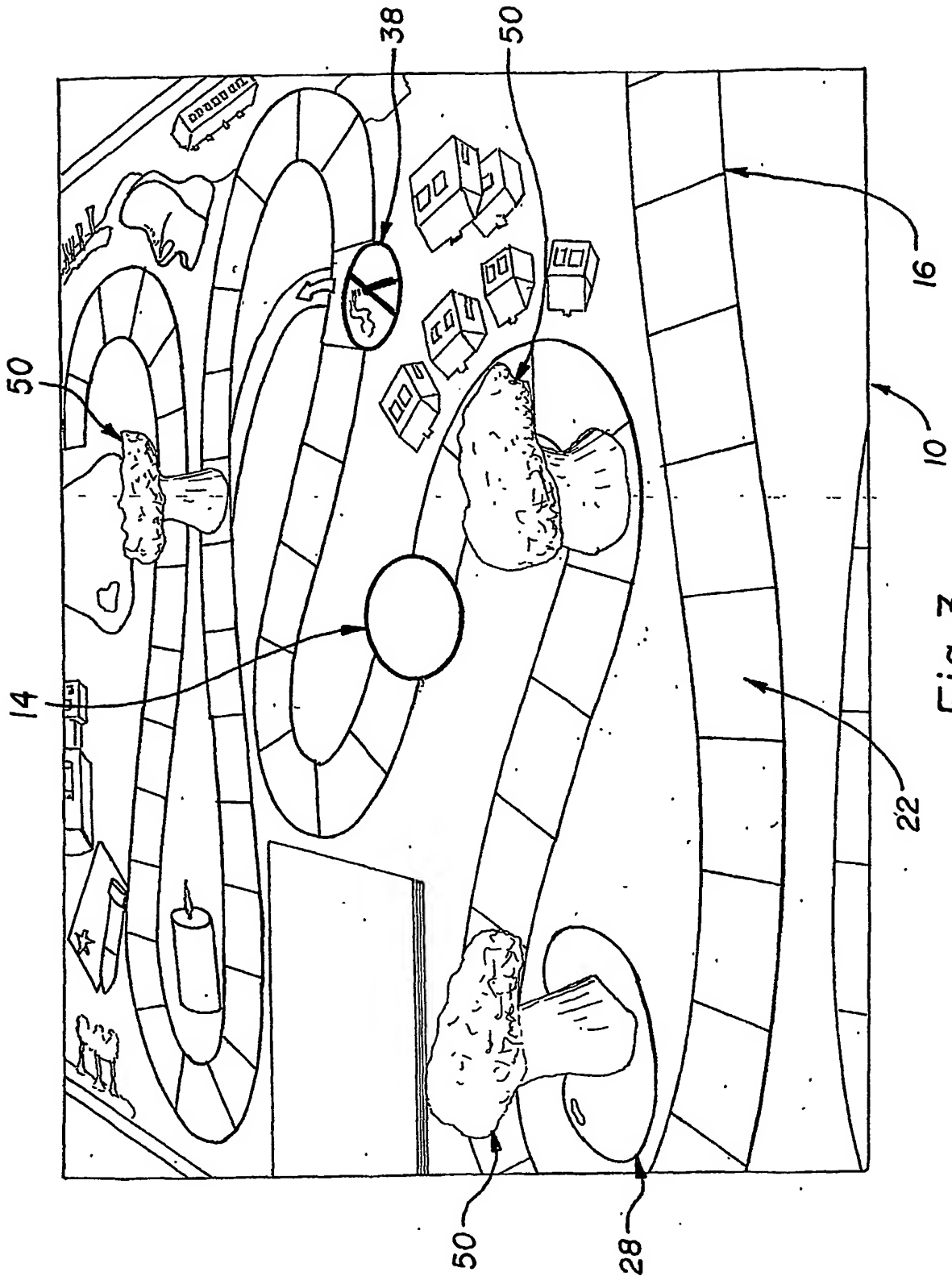


Fig. 3

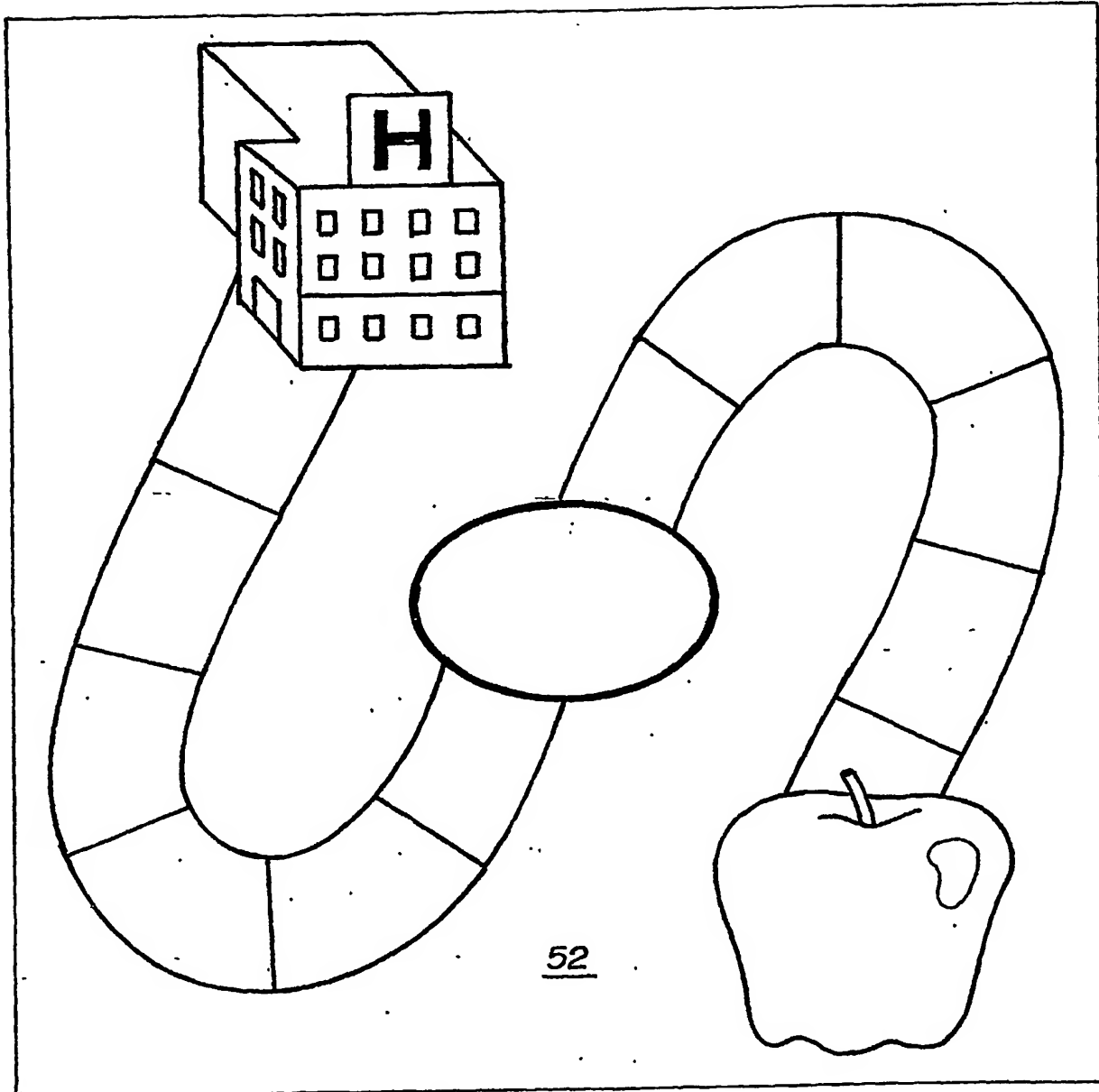


Fig. 4